

Magna Terra

General Backpacking Gear List For A One Night Solo Backpacking Trip

This list is only a suggestion and is not comprehensive nor is it guaranteed to meet your specific needs or comfort level. Please do the appropriate research and planning for your camping trip.

- 70-liter backpack - I prefer to have the extra room, but bring the size backpack you prefer.
- Clothes – Do not forget spare socks, underwear, a rain jacket, a beanie, and the proper layers for your legs and top. Remember, cotton clothes are a killer in the wild because they retain moisture. Use wool and synthetic clothing when doing outdoor activities.
- A light backpacking tent with a ground tarp (footprint) and a rainfly. Ideally less than 3 pounds. I have the REI Dash 2 which is no longer made, but any decent backpacking tent will do you well.
- Sleeping bag - at least 35 degrees
- Sleeping bag liner - great to have in case it gets extra chilly
- Sleeping pad - I prefer the basic Therm-a-Rest Z Lite closed cell foam pad, but bring whatever is comfortable for you.
- Headlamp
- Camping stove and 1 fuel canister
- Cookware (one pot) – just for heating water and food.
- Plate/bowl, camping silverware
- Camping knife - I use the Mora companion knife, which is a great Swedish knife company.
- Trash bags, dish towel
- Hydra Pak 4-liter water bladder
- Lighter
- Fire starter
- Toiletries (TP, wet wipes, toothpaste/toothbrush, etc.)
- Compass
- Map
- Extra paracord/rope
- Bear spray, if necessary
- First aid kit
- Food? Make it easy, get the mountain house meals so all you have to do is heat water. Then bring a candy bar for dessert. Easy. Delicious.